

Wellness Programs and Funding Sources

Act 161 of the 2005 session (16 VSA § 216) requires the Commissioner of Education to prepare and continually update a list of school and community programs which have the potential to improve childhood wellness. The following list is also available on-line at <http://www.education.vermont.gov>.

Federal and National Programs

CDC's Division of Adolescent and School Health, various resources
<http://www.cdc.gov/healthyyouth/index.htm>

CDC's Body and Mind (B.A.M.) program
<http://www.bam.gov/>

US Department of Agriculture, Team Nutrition program, MyPyramid program, "Power of Choice" nutrition curriculum for pre-teens
<http://www.fns.usda.gov/oane/menu/NNEC/Files/2003/PowerofChoice.pdf>

National Association for Sport and Physical Education, various resources
<http://www.aahperd.org/naspe/>

NASPE STARS Program
<http://www.aahperd.org/NASPE/stars/index.html>

PE4Life
www.pe4life.com

American Heart Association, various programs
<http://www.americanheart.org>

American Cancer Society, school health programs
http://www.cancer.org/docroot/PED/content/PED_1_6_School_Health.asp?sitar ea=PED

YMCA, various programs
<http://www.ymca.net/>

"Get Real, Get Fit" program
<http://www.lff.org/programs/getreal.html>

Walk for Life
<http://www.walk4life.com/>

Take 10!
<http://www.take10.net/whatistake10.asp?page=new>

Yoga Kids
<http://www.yogakids.com/>

“Energizers” - classroom based physical activities that integrate physical activity with academic concepts.

<http://www.ncpe4me.com/energizers.html>

National Programs with Vermont-based chapters

Vermont Association for Health, Physical Education, Recreation and Dance

<http://www.vahperd.org/>

Action for Healthy Kids

<http://www.actionforhealthykids.org/>

Safe Routes to Schools

jon.kaplan@state.vt.us

SPARK (Sports, Play and Active recreation fro Kids), After School

<http://www.sparkpe.org/programAfterSchool.jsp>

4-H “Growing Connections” program

<http://www.uvm.edu/~uvmext/growingconnections/>

Girls on the Run, youth running programs

<http://girlsontherun.org/>

Regional Programs

Winter Kids

<http://www.winterkids.org>

Vermont Programs

Vermont Department of Health - Fit and Healthy Kids Initiative, ongoing programs

<http://healthvermont.gov/fitandhealthy.aspx>

Special Olympics Vermont, Unified Sports program

<http://www.vtso.org/>

Vermont FEED

<http://www.nofavt.org/programs/vtfeed.php>

Vermont Bicycle and Pedestrian Coalition, BikeSmart programs

<http://www.vtbikeped.org>

RunVermont, Youth Running Programs

<http://www.runvermont.org/youth/index.html>

Community Connections, various youth wellness programs

<http://www.communityconnections.us/>

Model Coordinated School Health Teams in Vermont
shevonnetravers@education.state.vt.us

Funds are available from the following sources for schools and communities that wish to develop wellness programs.

Federal Funding Sources

Carol M. White (PEP) Grant for physical education
<http://www.ed.gov/programs/whitephysed/index.html>

State Funding Sources

School Wellness and Farm-to-School Grants
http://www.state.vt.us/educ/new/html/pgm_coordhealth.html

Recreational and Educational Facilities Grant Program
<http://www.bgs.state.vt.us/pdf/Rec-Ed-Facilities-Grant-Program.pdf>

Other Funding Sources

The Center for Health and HealthCare in Schools, an ongoing list of private and corporate funding opportunities
<http://www.healthinschools.org>

The Agnes M. Lindsay Trust
<http://www.lindsaytrust.org/>

Champions for Healthy Kids grant program
<http://www.generalmills.com/corporate/commitment/champions.aspx>

Balance Bar grant programs
<http://www.balance.com/grants/default.aspx>

National Gardening Association Grants
www.kidsgardening.com/awards.asp

Schering-Plough Foundation
http://www.schering-plough.com/schering_plough/corp/foundation_grant.jsp

NASPE/Polar Heart Rate Monitor Grant Program
<http://www.aahperd.org/naspe/template.cfm?template=polarGrant.htm>